

April Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

| <i>Mondays 9:00-3:00</i> | <i>Tuesdays 9:00-8:00</i> | <i>Wednesdays 9:00-3:00</i> | <i>Thursdays 9:00-3:00</i> | <i>Fridays - Closed</i> |
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| 1 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi | 2 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 4:00 *Eat Healthy Be Active 5:30 *Pizza Night/Games | 3 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling | 4 9:30 Coffee and Donuts 11:00 Exercise to Video 1:00 Cards/Games  | 5 Center is Closed Volunteer Fair (Department of Aging) |
| 8 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 Commission on Aging (at Department of Aging) 1:30 *Tai Chi | 9 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 4:00 *Eat Healthy Be Active 5:30 *Pizza Night/Games | 10 9:30 Drawing/Painting Club 10:00 Mobile I&A 11:00 Exercise to Video 1:00 Wii Bowling | 11 9:30 Coffee and Donuts 11:00 Exercise to Video 1:00 Cards/Games | 12 Center is Closed  |
| 15 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi | 16 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 *Pizza Night 6:30 Consumer Fraud | 17 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve | 18 9:30 Coffee and Donuts 11:00 Exercise to Video 1:00 Cards/Games | 19 Center is Closed National Geographic Museum Trip |
| 22 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi | 23 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Blood Pressure 1:30 Rummikub 5:30 *Pancake Supper | 24 Center is Closed Toby's Dinner Theatre Trip | 25 9:30 Coffee and Donuts 11:00 Exercise to Video 1:00 Cards/Games | 26 Center is Closed  |
| 29 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi | 30 11:00 Exercise to Video 1:00 Stitching Post 4:00 *Rummikub Tournament | May 1 Law Day Health Care Advance Directives Make an appointment today | May 2 Center is Closed Ways to a Healthier Heart (Department of Aging) | May 3 Center is Closed |